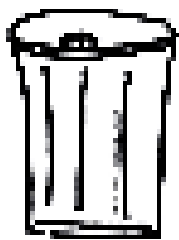


# Help stop the spread of flu



***Cover your cough.*** Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the waste basket

***or***

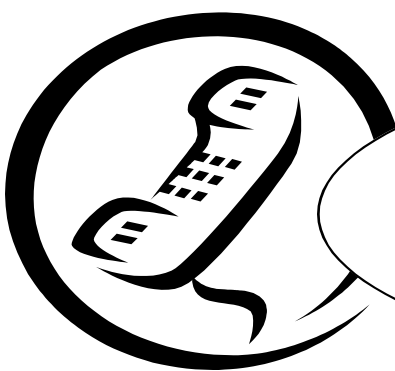


If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



***Wash your hands, often.*** Wash with soap and water or use an alcohol based hand cleaner, after you cough or sneeze, after using the bathroom, before, during and after preparing food, and after changing diapers.

***Stay home if you are sick.*** Don't expose others. If you have a fever or any other flu symptoms, stay home from work. If your child is sick, don't send him or her to school



***If you get the flu, call your Doctor as soon as possible***